

***The Correlation of Quality Menu, Physic Activity, and Nutrition Status with
Uric Acid Levels in Elderly:
The Case Study at Posyandu Lanjut Usia Puskesmas Summersari Kabupaten
Jember***

Richo Hendriyanto
*Clinical Nutrient Study Program
Medical Department*

ABSTRACT

Elderly is someone at the 60 years old and over. The socket disease or uric acid will be increase forwarded with increasing the age of the person. The joints disease cause by the uric acid is a disease caused by the escalation of uric acid levels in the blood in the up normal level. The excess consumption of purine, hard physical activity, and obesity were some factors causing the increase of uric acid levels. The purpose of this research is to determine the correlation between the quality of menu, physical activity and nutrition status with uric acid levels at Posyandu Elderly Puskesmas Summersari District Jember. This research was conducted on October, 8th 2016 until November, 26th 2016. The method of this resaerch is analytic survey with cross sectional design with 672 people of the population. 84 subject were being the sample of this research used cluster sampling technique of random sampling. The independent variable are the quality of menu, physical activity and nutrition status. Then, the dependent variable is the uric acid level. Statistical analysis of this study used SPSS 16.0 for windows wits Somers'd correlation test. The result showed that there was an opposite direction correlation between the quality of menu with uric acid levels which $p = 0,018$ and $r = -0,214$, there was unidirectional correlation the physical activity with uric acid levels which $p = 0,035$ and $r = 0,209$ and there was unidirectional correlation the nutrition status with uric acid levels which $p = 0,042$ and $r = 0,273$. The correlation of this research was there is correlation quality of menu, physical activity, and nutrition status with uric acid levels.

Keyword: *Nutrition Status, Physical Activity, Quality of Menu, Uric Acid Level*